

HOW TO BE PREPARED FOR CORONAVIRUS

Keeping yourself and your family safe around respiratory illnesses



WASH YOUR HANDS

It's important! Most of us don't do it enough or aren't good at it. Scrub for 20 seconds. If you can't wash, use a hand sanitizer with at least 60% alcohol.



STAY HOME IF YOU'RE SICK

If you need medical care and think you may have been exposed to coronavirus, call your medical provider for instructions before going in.



TRAVEL

Following the CDC's travel guidelines ([cdc.gov/coronavirus/2019-ncov/travelers/faqs.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html)) and maintaining situational awareness are the best ways to determine whether or not you should travel.



HIGHEST RISK

Currently, the CDC considers older adults, and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease at higher risk for severe infection.



ALWAYS BE READY

Risk of exposure remains low. But, start thinking about daily supplies, like food staples and medications, for example. Visit www.ready.gov for suggestions.



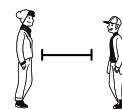
KEEP GERMS OUT OF THE AIR

Cough or sneeze into your elbow, not your hands. Or, use a tissue and throw it away.



DISINFECT SURFACES

Clean frequently-touched surfaces at home. Wash your hands after visiting public spaces.



SOCIAL DISTANCING

If you're sick, stay home and restrict visitors. Someone coughing? Move away – 6 feet or more.



RELIABLE INFORMATION

Make sure you're getting accurate information. Bookmark [nwhealth.org/covid19.html](https://www.nwhealth.org/covid19.html) and follow the Health Department of Northwest Michigan on social media.